RAKUEN TRANSLATIONS

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URASUNDAY

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1 Danberu nan kiro moteru?

池袋

ダンベル何キロ持てる？

十何キロ

URA SUNDAY COMICS
SANDROVICH YABAKO & MAAM PRESENTS

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WE ARE LOOKING TRANSLATORS FOR:

DEAR SUCCUBUS SISTER

ADDICTED TO CURRY

MARRY ME!

FATE/STAY NIGHT HEAVEN'S FEEL

ONE MORE AGE

IMOUTO SAE IREBA II. @COMIC

RAKUEN TRANSLATIONS

IF YOU'RE INTERESTED ON HELPING US, WRITE US ON OUR FACEBOOK PAGE OR CONTACT US AT OUR BATOTO ACCOUNT: PAPO41.

We're also recruiting typesetters and redrawers.

CHAPTER 15: CHINNINGS

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ぐぃんぐぃん
何キロ持てるの?

LVER

SOU-RYUUIN AKEMI

MACHIO-SAN WAS WITH A GIRL?

UE-HARA AYAKA

AYAKA... THAT'S JUST MEAN...

D'YA THINK YOU MISTOOK HIM FOR SO-MEONE ELSE? IT'S HARD IMAGINING THE GUY HAVING ANY INTE-RESTS BESIDES MUSCLES.

PER-HAPS HIS GIRL-FRIEND?

THAT'S RIGHT. I COULD ONLY SEE HER BACK, THOUGH.

AH. YEAH, THAT'S MACHIO-SAN.

HOW 'BOUT THIS, ***WHO ELSE IS A HANDSOME-PERVERT-MACHO-GUY DOIN MUSCLE STUFF IN TINY BRIEFS?***

TACHIBANA SATOMI WAS ON OVERTIME, FORCED TO TAKE A BREAK FROM THE GYM.

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AROUND THAT TIME ELSEWHERE

"CLOTHED MACHIO" IS A NORMAL, GOOD-LOOKING GUY.

TRUE. "MACHIO IN CLOTHES" IS AN UNRIVALED HUNK.

WELL, IT'S NOT SO UNBE-LIEVABLE.

STILL, NEVER EXPECTED MACHIO-SAN TO HAVE A GIRL.

WE ONLY KNOW HIM AS OUR TRAINER, AFTER ALL.

HIBIKI. AKEMI'S CORRUP-TION HAS BEGUN.

UNE-QUIVO-CALLY~ ❤

IT'S UNQUES-TIONABLY HIS PECTO-RALIS MAJOR FOR ME!

BUT, RECENTLY, YOU KNOW, "NAKED MACHIO" IS POSSIBLE, TOO, I GUESS. ***THE CURVES OF HIS GLUTEUS MAXIMUS ARE 'SPECIALLY SPECTACULAR.***

TALKING ABOUT ME?

HOH?

YOU GUYS. OUR LITTLE CONVERSATION IS A SECRET.

MACHIO-SAN HAS HIS PRIVACY, TOO.

?

MA-CHIO NARU-ZOU

HE'S CHARGIN' IN LIKE FROM A BATTLE MANGA!!?

HELLO THERE! LET'S HAVE A HIGH-SPIRITED TRAINING SESSION TODAY!

IT'S SO BIG! WHAT A POWERFUL FLEX!!!

NO, IT'S COMPLE-TELY DIFFE-RENT.

AH! MAYBE YOU'VE NOTICED? I'VE BEEN FOCUSING ON EXPANDING MY BICEPS BRACHII RE-CENTLY!!

OKAY. SO WHAT SORT OF TRAINING SHOULD WE DO TODAY?

HE TAUGHT US LAT PULL-DOWNS BEFORE, BUT THAT MACHINE IS SURPRISINGLY POPULAR...

*SEE CHAPTER 6

I'D LIKE TO TRAIN MY BACK.

I UN-DERS-TAND!

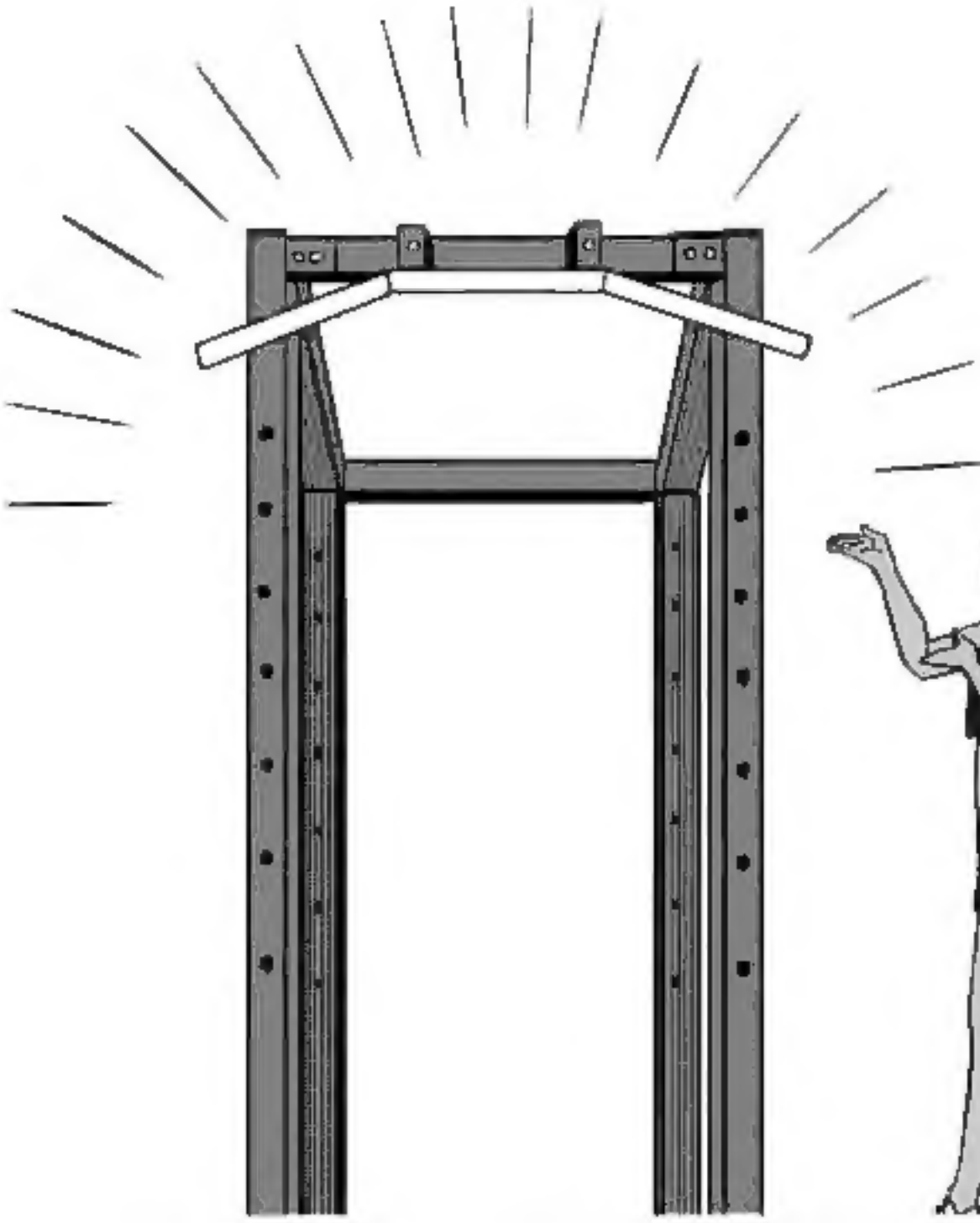
I SEE!

I'D LIKE SOMETHIN' ELSE TO DO WHILE WAITIN' FOR IT TO OPEN UP.

LET'S DO SOME CHIN UPS!

SO FOR TODAY,

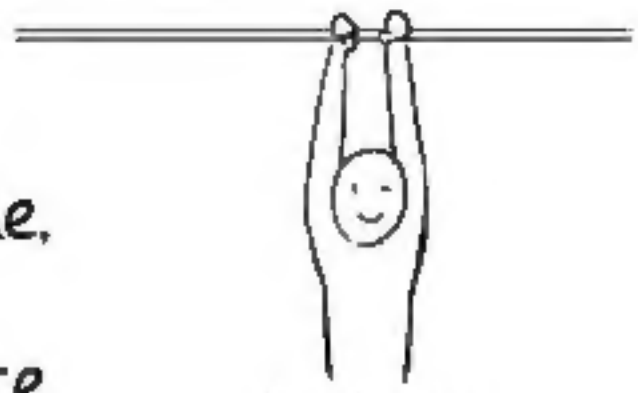
CHINNINGS



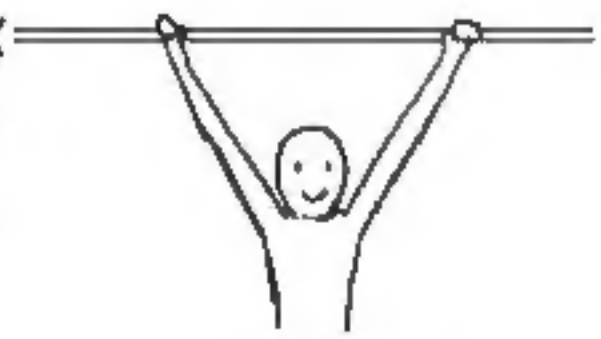
The so-called "pull up." It's a simple exercise one can easily do anywhere, even outside the gym, if there's a place to hang a bar.

*MAKE SURE THE AREA ITSELF IS SAFE

This time, we'll introduce you to the orthodox chinning method.



NARROW



WIDE

SUPINE GRIP (OVERHAND)

PRONATE GRIP (UNDERHAND)

There are multiple variations of chinnings, so the muscles [trained] will also vary depending on method.

Cross your ankles behind your buttocks.

Your hands should be slightly wider than shoulder-width.

Grasp the bar over-handed and suspend yourself.

Eyesight upwards

①

When your chin hovers over the bar, hold there a bit.

Lift your body slowly

Keep your back straight
(A bent back = X)

②

Slowly lower yourself down.

Never just sudden-ly go limp!

"BRINGING THE BAR TO YOUR SCAPULA" IS AN EASY WAY TO SENSE THOSE MUSCLES.

WHAT'S IMPORTANT FOR THE EXERCISE IS TO "LIFT YOUR BODY WITH YOUR BACK STRENGTH, NOT ARM STRENGTH."

IF YOU ARE TRAINING YOUR MUSCLES, MAKE IT A RULE TO DO IT WITHOUT KIPPING.

THERE ARE PEOPLE WHO WHO USE THEIR MUSCLE'S RECOIL TO "KIP" THEMSELVES UPWARDS DURING CHINNINGS, DOING AS MANY AS THEY CAN, BUT THIS METHOD TENDS TO EXERT EFFORT OVER THE ENTIRE BODY RATHER THAN TARGET TRAINING MUSCLES.

LOWER TRA-PEZIUS MUSCLE

DURING CHINNINGS, YOU ARE TRAINING YOUR LATISSIMUS DORSI MUSCLE AND THE BICEPS BRACHII MUSCLE.

OKAY THEN, LET'S TRY GIVING IT A SHOT RIGHT AWAY!

AND THAT'S HOW THEY'RE DONE.

OK, I'LL GO FIRST!

YEAH, THEY'RE TOUGH TO DO AT FIRST.

I COULDN'T LIFT MY BODY AT ALL...

MACHIO-SAN, DID YOU JUST DISS ME, THERE?

THE HEAVIER YOU ARE, THE MORE DIFFICULT THEY BECOME.

BUT IT'S ALSO A VERY TAXING ONE.

CHIN-NINGS ARE A GREAT EXERCI-SE,

WE HAVE A "CHINNING MACHINE" HERE IN SILVER-MAN'S GYM!!!

BUT IT'S FINE!

AH, I CAN SOME-HOW DO IT, HERE!

THE WEIGHTS ARE CONNEC-TED TO THE MACHINE'S SEAT VIA PULLEY, SO YOU CAN DECREASE THE BURDEN BY ADDING THE LOAD.

SAKURA-SAN, THERE'S ANOTHER WAY TO ASSIST CHINNINGS. LET'S DO SOME "SLANTED CHINNINGS."

SOURYUUIN-SAN, UEHARA-SAN, YOU'LL BE FINE WITH STANDARD CHINNINGS AS WELL.

WHOA! LOOKS LIKE I CAN DO THIS, TOO!

The further out your feet, the more weight you add.

Body is straight

WITHOUT THE MACHINE FOR CONTROL, YOU CAN TAKE A MORE DIRECT APPROACH, JUST BE SAFE.

AH, THERE YOU ARE...

OKAY, LET'S DO THIS ONE MORE TIME.

HM?

ANEKI?

AYAKA'S SISTER: UEHARA NANA

HEY. YOU GUYS AREN'T SLACKIN' OFF?

...HUH?

SURE DO! CHINNING TRAINING IS ALMOST OVER, SO HANG ON A BIT.

MACHIO-KUN, YOU HAVE A MOMENT NOW?

AHH, THAT'S WHAT IT WAS.

THE WOMAN MACHIO-SAN WAS WITH BEFORE! THAT WAS AYAKA'S SISTER!!!

THE WORLD IS SUCH A SMALL PLACE ♪

ANEKI, YOU AND MACHIO-SAN WERE CLASSMATES!

SO THAT WAS IT!

THE OTHER DAY WAS OUR MIDDLE SCHOOL REUNION.

MACHIO-KUN AND I HAVE KNOWN EACH OTHER FROM ELEMENTARY TO HIGH SCHOOL.

NO ONE NOTICED HOW FAR THEIR CORRUPTION HAD SPREAD.

NO ONE MENTIONED THE HALF-NAKED MACHIO FLEXING POSES IN THE MIDDLE OF TOWN IN BARELY A SHEET OF UNDERWEAR.

BIKE RIDE

THEY'VE GONE FROM FAD TO MAINS-TREAM.

ROAD BIKES ARE AWESO-ME.

WOULD YOU LIKE TO PEDAL TOGETHER AFTER SCHOOL?

I'M HOOKED ON BIKES, TOO!

キュルルル

...STA-TIO-NARY BIKES, HUH...